

BRAINERD

Cost: .50 - 11 & under; \$1.00 - 12 & Over

Adult Lap

M-W-F 9:00am - 10:00am

M 11:00am - 1:00pm

T-Th-F Noon - 1:00pm

M-W 5:00pm - 5:45pm

(Lane Available by Request, See Lifeguard for Assistance)

Family Swim

(Swimmers under 18 must be accompanied by an adult)

M & W 7:00pm - 8:00pm

Fridays 5:00pm - 8:00pm

12 Years of Age and Under

Monday 3:30pm - 5:00pm

Wednesdays 3:30pm - 5:00pm

Tuesdays 3:30pm - 6:00pm

Saturdays Noon - 2:30pm

13 Years of Age and Over

Tuesday 6:00pm - 8:00pm (Starting May 6)

Thursday 6:00pm - 8:00pm (Starting May 6)

Saturday 2:30pm - 4:00pm

Water Exercise Classes - Cost: \$2.00 per class

Mondays & Wednesdays 6:00pm

Mondays & Wednesdays 10:00am

Arthritis Foundation Water Exercise

T, Th & F 11:00am - Noon

***** Proper Swim Attire Required *****

No Bathing Suit = No Swimming

***** No Diving or Head First Entries Allowed *****

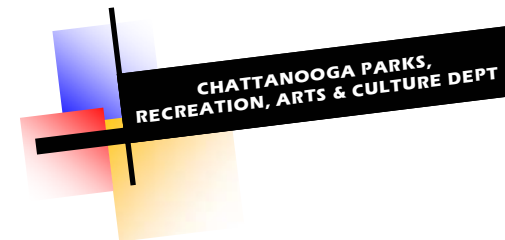
***** We do not provide towels *****

**CHATTANOOGA PARKS,
RECREATION, ARTS & CULTURE DEPT**

Brainerd Recreation Complex

1010 North Moore Road

(423) 425-3600



Effective April - May

INDOOR AQUATIC SCHEDULE



**PARKS
RECREATION
ARTS
CULTURE**

www.chattanooga.gov/cpr

SOUTH CHATTANOOGA

Cost: .50 - 11 & Under; \$1.00 - 12 & Over

Adult Lap Swim

M-W 9:00am - 10:00am
11:00am - 1:00pm

Fridays 9:00am - 10:00am
11:00am - 12:30pm

T - TH 6:30pm - 8:00pm (Starting May 6)

(Lane available upon request—See Lifeguard)

Family Swim

(Swimmers under the age of 18 must be accompanied by an adult)

T & TH 6:30pm - 8:00pm (Starting May 6th)

Fridays 5:00pm - 6:30pm

**** PROPER SWIM ATTIRE REQUIRED ****

No Bathing Suit = No Swimming.

**** No Diving or Head First Entries Allowed. ****

13 Years of Age and Over

Monday 6:30pm - 8:00pm

Wednesday 6:30pm - 8:00pm

Friday 6:30pm - 8:00pm

Saturday 2:30pm - 4:00pm

**** PROPER SWIM ATTIRE REQUIRED ****

No Bathing Suit = No Swimming.

12 Years of Age and Under

Monday 3:30pm - 6:30pm

Wednesday 3:30pm - 6:30pm

Friday 2:00pm - 5:00pm

Saturday Noon - 2:00pm

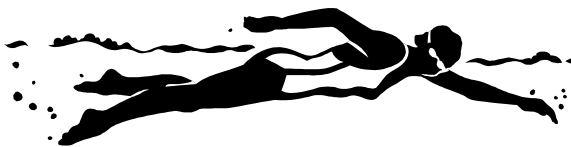
**** Proper Swim Attire is Required.**

No Bathing Suit - No Swimming.

**** No Diving or Head First Entries Allowed ****

**** Children under Age 6 must be Accompanied by
an Adult ****

**** We do not provide towels ****



South Chattanooga Recreation Center

1151 West 40th Street

(423) 425-3550

Water Exercise

A shallow water exercise program designed
to build Strength, Endurance, and Cardio
Respiratory Fitness.

Cost: \$2.00

Mondays, Wednesdays, Fridays

10:00am

Tuesdays & Thursdays

5:30pm

Swim Lessons

For

**** Parent/Child PreSchool Age**

**** Adult s**

Call 697-1385 for information.



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RECREATION
ARTS
CULTURE**

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